

Wellness Forum Agenda

November 19, 2008

8:15 – 8:20	Welcome and opening remarks by Rebecca Fricke, NDPERS Wellness Coordinator
8:20 – 8:30	Greeting from the Governor by Tami Wahl, Policy Advisor to Governor Hoeven
8:30 – 8:45	Potential Health Plan Changes by Sparb Collins, Executive Director of NDPERS
8:45 – 9:05	Historical Perspective & Drivers of Health Care Costs by Bryan Reinhardt, NDPERS Research Analyst
9:05 – 9:50	BCBS – New Employee Wellness Program Overview by Mike Carlson, BCBS Director of Corporate Wellness
9:50 – 10:05	Health Behavior Change by Tim Hartman, Pfizer
10:05– 10:25	Break
10:25 – 10:45	"What is an HRA/PHA? How Can I Use It & Other Data Sources To My Employer's Advantage?" By Pat Campbell, UND Wellness Center
10:45 – 11:45	Wellness Efforts –
10:45 – 11:10	Tobacco Cessation – Rebecca Fricke, NDPERS Wellness Coordinator and Michelle Walker, Cessation Coordinator NDDOH
11:10 – 11:25	Employee Based Wellness Pilot – Dr. Nancy Vogeltanz-Holm
11:25 – 11:45	Diabetes Management, HB1433 update – Jayme Staig, RPh
11:45 – 1:00	Lunch on your own
1:00 – 1:20	Interactive Wellness Segment with Michael Carlson, BCBS Director of Corporate Wellness
1:20 – 1:35	Wellness Application Process by Rebecca Fricke, NDPERS Wellness Coordinator
1:35 – 1:50	Wellness Application Funding Process by Kathy Allen, NDPERS Benefits Programs Manager
1:50 – 2:05	Break
2:05 – 4:30	Breakout sessions: 45 minutes each

Session I: Resources

Go Red/ND Heart Association – Joan Enderle, NDHA
BCBS Wellness Presentations – Heather Fried, BCBS
Wellness Resources – Gary Parenteau, Pfizer

Session II: EAPs – list companies or names?

Deer Oaks
MedCenter One Health Systems – Tammy Bulman, Damian Schlinger
Village Employee Assistance Program – Sarah Thomas
St. Alexius/Primecare – Paul Millner

Session III: New Employer Programs:

- Coming soon, promoting new ways to eat smarter, Karen Ehrens
- Health Department, Kelly Nagel
- Mayville State University - Becky Gunderson